

Book 47

Title: Dealing with the side effects of taking hisperdal consta

1. I noticed that the side effects of the medicine start to set in when my heart is attached to this dunia. Once I get home to rest, then switch everything off and turn all my longing to Allah and be in the complete worship of Allah (maybe even play Iyrah Bagarab), then when I wake up, I feel better and completely disconnected to this dunia, and only concerned in the remembrance of Allah wa Allah A'lam

These side effects might be more related to my circadian cycle / the circadian cycle or my sleep / wake states and all the knowledge related to this mainly complete worship of Allah according to the sunnah of prophet Muhammad peace